

CULINARY ARTS CAREERS – Part 1

The Family and Consumer Science academic standards for Culinary Arts Careers support the course description, which can be found at <http://www.doe.in.gov/octe/facs/foodindustryoccup.html>.

Standard 1

Customer Service and Customer Relations

- ☐ CAC1-1.1 Analyze the importance of customer service in this industry.
- ☐ CAC1-1.2 Demonstrate ways to make a positive first impression in the culinary/food service industry.
- ☐ CAC1-1.3 Describe ways to identify and meet the special needs that customers may have.
- ☐ CAC1-1.4 Evaluate effective and ineffective customer communication styles and techniques.
- ☐ CAC1-1.5 Analyze the relationship of customer satisfaction to successful food service operation.
- ☐ CAC1-1.6 Demonstrate basic table service knowledge and skills.

Standard 2

Workplace Relationships

- ☐ CAC1-2.1 Explain how diversity affects workplace relationships.
- ☐ CAC1-2.2 Describe common elements and importance of orientation programs.
- ☐ CAC1-2.3 Assess effective on-the-job training and related instruction.
- ☐ CAC1-2.4 Demonstrate effective techniques used in performance evaluations.

Standard 3

Preventing Accidents and Injuries

- ☐ CAC1-3.1 Determine legal responsibilities for providing a safe environment and ensuring safe practices.
- ☐ CAC1-3.2 Analyze the role of Occupational Safety and health Administration (OSHA) regulations.
- ☐ CAC1-3.3 Explain the Hazard Communication Standard requirement for employers.
- ☐ CAC1-3.4 Assess electrical hazards that contribute to accidental fires.
- ☐ CAC1-3.5 Explain different types of fire extinguishers and their uses and benefits for different kinds of fires.
- ☐ CAC1-3.6 Demonstrate proper actions to take in the event of a fire at a foodservice operation.
- ☐ CAC1-3.7 Practice techniques to prevent accidents such as fall, burns, cuts, and strains from heavy lifting.
- ☐ CAC1-3.8 Demonstrate correct and safe use of knives.
- ☐ CAC1-3.9 Select and apply appropriate first aid procedures.
- ☐ CAC1-3.10 Conduct and assess a general safety audit.
- ☐ CAC1-3.11 Explain the importance of completing standard reports for any accident or illness at the foodservice operation.
- ☐ CAC1-3.12 Select and maintain protective clothing and equipment to prevent injuries.

Standard 4

Preparing and Serving Safe Food

- ☐ CAC1-4.1 List reasons why it is important to keep food safe.
- ☐ CAC1-4.2 Utilize good personal hygiene and evaluate its effects on food safety.
- ☐ CAC1-4.3 Demonstrate proper hand washing.
- ☐ CAC1-4.4 Categorize and describe the microorganisms that cause food borne illnesses.
- ☐ CAC1-4.5 Identify and list ways chemical and physical hazards can contaminate food.

- __ CAC1-4.6 Distinguish between situations in which contamination and cross-contamination occur.
- __ CAC1-4.7 Explain how time and temperature guidelines can reduce growth of microorganisms.
- __ CAC1-4.8 Define the food temperature danger zone and list temperatures that fall within that zone.
- __ CAC1-4.9 Differentiate among types of thermometers and demonstrate how to use them.
- __ CAC1-4.10 List the seven major steps in a Hazard Analysis Critical Control Point (HACCP) food safety system.
- __ CAC1-4.11 Utilize proper procedures for receiving, storing, preparing, cooking, holding, cooling, reheating, and serving food, including proper use of appropriate tools and equipment.
- __ CAC1-4.12 Compare and contrast different types of storage areas found in a foodservice operation.
- __ CAC1-4.13 Explain procedures for cleaning and sanitizing tools and equipment.

Standard 5

Foodservice Basics

- __ CAC1-5.1 Identify the components and functions of a standard recipe.
- __ CAC1-5.2 Describe the use of common liquid and dry measurement tools.
- __ CAC1-5.3 Apply effective *mise en place* practices.
- __ CAC1-5.4 Identify different functions of several types of knives and demonstrate their proper uses.
- __ CAC1-5.5 Identify common spices and herbs and their functions in recipes.
- __ CAC1-5.6 Describe and demonstrate several basic preparation techniques.
- __ CAC1-5.7 Compare and contrast dry-heat, moist-heat, and combination cook methods.
- __ CAC1-5.8 Demonstrate measuring and portioning foods using ladles, measuring cups and spoons, scales, and scoops.

Standard 6

Nutrition

- __ CAC1-6.1 Use Dietary Guidelines, Recommended Dietary Allowances (RDAs) and MyPyramid to plan meals.
- __ CAC1-6.2 Interpret nutritional information on labels.
- __ CAC1-6.3 Adapt menus and recipes to accommodate special dietary needs.

Standard 7

Breakfast Foods and Sandwiches

- __ CAC1-7.1 Differentiate between butter and margarine by describing their characteristics and uses.
- __ CAC1-7.2 Distinguish among several different types of cheeses and give examples of uses of each.
- __ CAC1-7.3 List the characteristics of eggs and differentiate sizes and grades of eggs.
- __ CAC1-7.4 Prepare a variety of breakfast foods.
- __ CAC1-7.5 Explain the roles of the three components of a sandwich: bread, spread, and filling.
- __ CAC1-7.6 Demonstrate preparation of several types of sandwiches.

Standard 8

Salads and Garnishes

- __ CAC1-8.1 Identify and describe characteristics of various ingredients used to make salads.

- __ CAC1-8.2 Demonstrate designing attractive salads.
- __ CAC1-8.3 Classify and compare types of salads served in different courses of a meal.
- __ CAC1-8.4 Differentiate among various oils and vinegars.
- __ CAC1-8.5 Demonstrate the preparation of vinaigrette.
- __ CAC1-8.6 Choose ingredients and prepare an emulsified salad dressing.
- __ CAC1-8.7 Describe and prepare ingredients commonly used as garnishes.
- __ CAC1-8.8 Demonstrate garnishing plates and soups.

Standard 9

Fruits and Vegetables

- __ CAC1-9.1 Identify and describe a variety of fruits and vegetables.
- __ CAC1-9.2 Demonstrate selection of quality fruits and vegetables.
- __ CAC1-9.3 Prepare a variety of fruits and vegetables using various cooking methods.
- __ CAC1-9.4 Design an attractive, appetizing fruit and vegetable dish.

Standard 10

Business Math

- __ CAC1-10.1 Perform basic math operations related to the food industry.
- __ CAC1-10.2 Convert recipes from original yield to desired yield using standard conversion factors.
- __ CAC1-10.3 Calculate the average sales per customer.
- __ CAC1-10.4 Calculate total sales, including taxes and tips collected.
- __ CAC1-10.5 Balance cash register receipts and final actual receipts

CULINARY ARTS – Part 2

Standard 1

The Art of Service

- __ CAC2-1.1 Demonstrate the similarities and differences among American, French, English, Russian, and self-service styles.
- __ CAC2-1.2 Describe and demonstrate tableside preparations such as carving meats and slicing and plating desserts.
- __ CAC2-1.3 Describe traditional service staff and list the duties and responsibilities of each.
- __ CAC2-1.4 Identify the types of dining utensils: knives, forks, spoons, glasses, and china and explain specific uses for each.
- __ CAC2-1.5 Identify various server tools and the correct way to stock a service station.
- __ CAC2-1.6 Demonstrate setting clearing items according to industry standards.
- __ CAC2-1.7 Demonstrate ways of describing and recommending menu items to guests.

Standard 2

Communicating with Customers

- __ CAC2-2.1 Demonstrate several ways to respond to and resolve customer complaints.

- __ CAC2-2.2 Demonstrate the skills of effective writing.
- __ CAC2-2.3 Demonstrate proper and courteous telephone communication skills.
- __ CAC2-2.4 Explain guidelines for communicating effectively during and after a crisis.
- __ CAC2-2.5 Demonstrate effective listening and speaking skills.
- __ CAC2-2.6 Demonstrate innovative ways to attract and keep customers.
- __ CAC2-2.7 Demonstrate techniques for directing customers to selected menu items and selling those items.

Standard 3

Purchasing and Inventory Control

- __ CAC2-3.1 Explain relationships between primary and intermediary sources and retailers.
- __ CAC2-3.2 Explain the differences between formal and informal buying and the formal bidding process.
- __ CAC2-3.3 Analyze factors that affect food prices.
- __ CAC2-3.4 Prepare order sheets, for items to be purchases, purchase specifications and purchase orders, using proper forms and reflecting inventory information.
- __ CAC2-3.5 Explain the relationship of production records to purchasing decisions.
- __ CAC2-3.6 Describe the criteria for selecting appropriate suppliers.
- __ CAC2-3.7 Demonstrate proper receiving and storage procedures for various foods and beverages.
- __ CAC2-3.8 Explain perpetual and physical inventory methods and the differences between them.
- __ CAC2-3.9 Apply quality standards for purchasing produce, convenience and processed foods, dairy products, eggs, poultry, fish, and meat.

Standard 4

Standard Accounting Practices

- __ CAC2-4.1 Apply basic accounting principles to common foodservice situations.
- __ CAC2-4.2 Demonstrate double-entry accounting for foodservice operations.
- __ CAC2-4.3 Explain the important concepts on income statements and balance sheets.
- __ CAC2-4.4 Calculate cost of sales using opening and closing inventory figures.
- __ CAC2-4.5 Figure assets, liabilities, and owners' equity using balance sheet equations.

Standard 5

Marketing and the Menu

- __ CAC2-5.1 Describe and compare a la carte, table d'hote, California, du jour, and cycle menus
- __ CAC2-5.2 Organize the information on a menu.
- __ CAC2-5.3 Write and lay out a menu.
- __ CAC2-5.4 Use sales information to analyze how menu items are selling.
- __ CAC2-5.5 Analyze basic marketing concepts such as product-service mix, marketing mix, and market trends, and distinguish among them.
- __ CAC2-5.6 Develop a marketing plan, including all the standard components.
- __ CAC2-5.7 Analyze local area or market segment information.
- __ CAC2-5.8 Apply forecasting techniques to make predictions of market demand.
- __ CAC2-5.9 Implement a restaurant promotion.
- __ CAC2-5.10 Explain public relations principles in effect in a food service operation.

Standard 6

Desserts and Baked Goods

- __ CAC2-6.1 Describe, explain the function of, and use common baking ingredients.
- __ CAC2-6.2 Calculate ingredient weights using baker's percentages.
- __ CAC2-6.3 Convert recipes to a new yield.
- __ CAC2-6.4 Differentiate among lean doughs, rich doughs, sponge doughs, and sour doughs, and give examples.
- __ CAC2-6.5 Prepare and compare a variety of yeast breads.
- __ CAC2-6.6 Prepare and compare different types of quick breads and cake batters.
- __ CAC2-6.7 Explain the functions of leavenings and determine which are best suited for various baked goods.
- __ CAC2-6.8 Prepare and evaluate steamed puddings and dessert soufflés.
- __ CAC2-6.9 Prepare and evaluate pie crusts using various methods.
- __ CAC2-6.10 Describe the procedure for baking blind.
- __ CAC2-6.11 Describe roll-in dough, phyllo dough, and pâte à choux and determine which are best suited for various baked goods.
- __ CAC2-6.12 Prepare and evaluate cookies using various make-up methods.
- __ CAC2-6.13 Explain processes for making chocolate, chocolate liquor, cocoa butter, and cocoa powder.
- __ CAC2-6.14 Demonstrate proper storage of chocolate.
- __ CAC2-6.15 Demonstrate how to temper chocolate.
- __ CAC2-6.16 Demonstrate making crème anglaise, pastry cream, and Bavarian cream and how they are used in making desserts.
- __ CAC2-6.17 Evaluate ice cream characteristics and how to use it in making desserts.
- __ CAC2-6.18 Demonstrate the steps in preparing poached fruits and tarts.

Standard 7

Meat, Poultry, and Seafood

- __ CAC2-7.1 Explain the federal grading systems for meat, poultry, fish, and seafood.
- __ CAC2-7.2 Distinguish among and describe the various forms of meat, poultry, fish, and seafood.
- __ CAC2-7.3 Demonstrate proper procedures for purchasing, storing, and fabricating meat, poultry, fish, and seafood.
- __ CAC2-7.4 Match various cooking methods with various forms of meat, poultry fish, and seafood.
- __ CAC2-7.5 Identify and describe various types of charcuterie.

Standard 8

Stocks, Soups, and Sauces

- __ CAC2-8.1 Describe the four essential parts of stock and the proper ingredients for each.
- __ CAC2-8.2 Identify and describe the various types of stock and their ingredients.
- __ CAC2-8.3 Demonstrate three methods for preparing bones for stock.
- __ CAC2-8.4 Prepare the ingredients for and cook several kinds of stocks using proper preparation techniques.
- __ CAC2-8.5 Identify the two basic kinds of soups and give examples of each.
- __ CAC2-8.6 Explain the preparation of the basic ingredients for broth, consommé, purée, clear, and cream soup.
- __ CAC2-8.7 Demonstrate the steps in preparation of several kinds of soup.
- __ CAC2-8.8 Identify the grand sauces and describe other sauces made from them.

- __ CAC2-8.9 Describe the proper ingredients for sauces.
- __ CAC2-8.10 Prepare several kinds of sauces.
- __ CAC2-8.11 Match sauces to the appropriate foods.

Standard 9**Potatoes and Grains**

- __ CAC2-9.1 Demonstrate methods to select, receive, and store potatoes and grains.
- __ CAC2-9.2 Identify and describe different types of potatoes, grains, legumes, and pastas.
- __ CAC2-9.3 Demonstrate preparation of potatoes, grains, legumes, and pasta using a variety of recipes and cooking techniques.